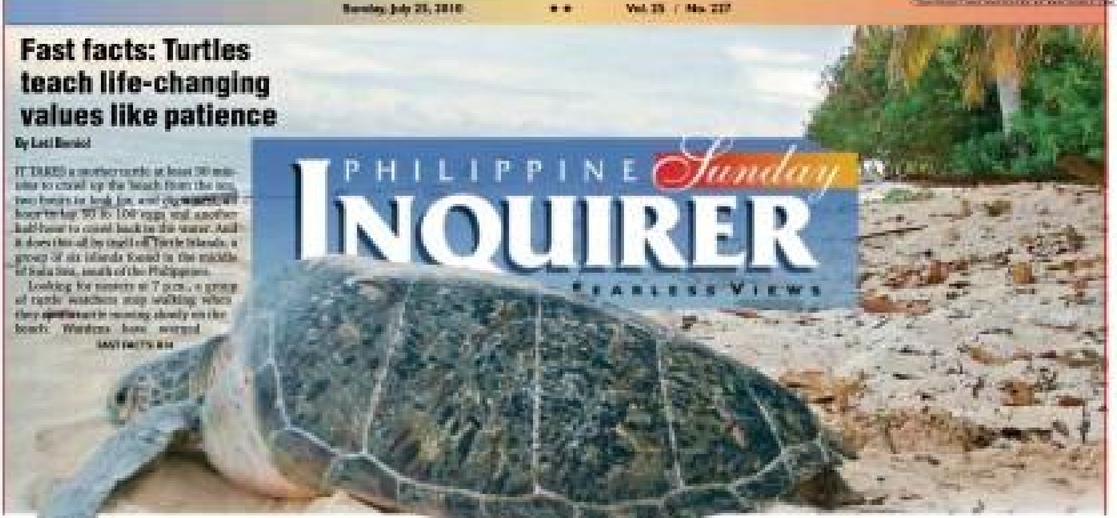
PHILIPPINE Sunday INQUIRER
FEARLESS VIEWS



Fast facts: Turtles teach life-changing values like patience

By Leti Boniol

IT TAKES a mother turtle at least 30 minutes to crawl up the beach from the sea, two hours to look for and dig a nest, an hour to lay 50 to 100 eggs, and another half-hour to crawl back to the water. And it does this all by itself off Turtle Islands, a group of six islands found in the middle of Sulu Sea, south of the Philippines.

Looking for nesters at 7 p.m., a group of turtle watchers stop walking when they spot a turtle moving slowly on the beach. Watchers have stopped

FAST FACTS A14

GOING HOME A turtle crawls back to the sea after laying a hundred eggs on the beach of Baguan in the Turtle Islands.

Sona will be truth-telling

Palace says President Noy's speech beyond 'shock, awe'

By TJ Burgonio and Leila B. Salaverria

MORE THAN its "shock and awe value," President Aquino's first State of the Nation Address (Sona) will be an educational and "truth-telling" speech.

"This is not simply about exposés or accusations," Presidential Communications Group member Herminio Coloma yesterday said of the speech that Mr. Aquino is to deliver at the first joint session of the 15th Congress tomorrow afternoon.

"Most important, it's to let the people know the quantum of resources, and to be more keenly aware of the need to harness these resources in a very efficient manner," Coloma said in a phone interview.

"This is not simply to cast people in a bad light. This is truth-telling," he said.

Coloma also said that by depicting the "deplorable state of affairs," Mr. Aquino would be imparting a lesson to his team of officials that "we can't afford to misallocate or misuse funds."

The President had promised revelations of "shocking" anomalies in his Sona, on top of the depletion of the P1.54-trillion national budget and calamity fund.

He said on Friday that a mere 30 percent had been left of the national budget and calamity fund, with five months to go before yearend and the average of 20 typhoons a year yet to hit.

But Mr. Aquino does not intend to spite his predecessor, now Pampanga Rep. Gloria Macapagal-Arroyo, when he details fresh anomalies in his Sona, his spokesperson Edwin Lacierda said yesterday in a forum aired over dzBB radio.

"There's no intention to spite or offend Congresswoman Arroyo. This is only an objective enumeration of facts," Lacierda said.

"When we do the Sona, we're not thinking of [her]. This is a factual view of the previous administration. If she gets hit, it's only because of the enumeration of problems that we've inherited," he said.

As it happens, the ex-President is to fly to Hong Kong tomorrow with her husband, Jose Miguel "Mike" Arroyo, for his medical checkup.

Lakas-Kampi-CMD spokesperson Raul Lambino told the Inquirer by phone that Mike Arroyo was scheduled for an appointment with Doctors Kwok Ching Kwong and Lau Chu Pak for "a consultation on the reduction of the recurrence of his aortic aneurysm."

"She won't be able to make it [to the Sona]," Lambino said. But she will be at the House of Representatives early tomorrow, the first session day of the 15th Congress.

"GMA will attend the morning session to take her oath in the plenary as a member, after which she will leave," Lambino said, adding that Arroyo would return shortly to attend to her duties.

The Arroyos' eldest child, the newly sworn in Ang Galing Pinoy Rep. Juan Miguel "Mikey" Arroyo, said he was

SONA A4



Militant solons come in from streets to hear Noy

By Leila B. Salaverria

WHAT, NO RALLYING in the streets?

This time, militant lawmakers

MILITANT A11

No frills: Noynoy to speak 'from the heart'

By TJ Burgonio

DESPITE suggestions that he hire a coach to help him deliver his speeches with "more punch," President Aquino is sticking with his laid-back, no-frills style.

"He speaks from the heart. He uses simple language," said Sonny Coloma, a member of the presidential communications group.

"He's a speaker who's able to convey his message effectively. He has polished his public speaking skills during the campaign," Coloma added.

A Palace source said Mr. Aquino has done nothing about getting professional help in polishing his speaking style beyond rehearsing with a teleprompter, which he needs getting used to.

Mr. Aquino has been reviewing and fine-tuning his speech in the run-up to his first State of the Nation Address (Sona) at the opening of the 15th Congress tomorrow.

While his inaugural speech sought to inspire, the Sona will be dealing with the "harsh realities" facing the country and will be more "down to earth," the

NO FRILLS A4

Tacky, plastic lampposts defile heritage, glorify thievery

By Constantino C. Tejero
Lifestyle

WHEN IN 2003 then Manila Mayor Lito Atienza started street-lighting as part of his redevelopment project of making the city's 897 barangays safe for pedestrians, no one could have foreseen it would turn into a national controversy.

Patterned after the mayor's favorite floral design (see his shirts), the street-lighting mostly took the form of petal-shaped, varicolored lamps encased in plastic with two bulbs illuminating both sides of the sidewalk. Some were stars, flags or globules on posts standing 10 feet tall.

It might have contributed to lowering the city's crime rate because criminals are said to shun clean, well-lighted places. And Atienza believed that one lamppost was equal to 10 policemen on patrol.

But the Disneyfication of Manila's historic streets drew mixed reactions from residents, pedestrians and heritage guardians.

Some critics found something insidious behind the whole project.

In 2005, city officials said a lamppost cost between P38,000 and P60,000 (and P800 per street sign).

Today, costs have reportedly skyrocketed to as high as P180,000 per lamppost, enough to make even a cynic weep. (Talk about the dispatch with which public officials can feather their nests.)

"Among us private developers, P20,000-P30,000 is already considered expensive," says Paulo Alcazaren, principal of PGAA Design. "If it exceeds P50,000, that's a super-special lamppost!"

By the end of Atienza's term, about 30,000 lampposts had been installed in all six districts of Manila. (Now, do the math.)

But that's not all. These days

TACKY A14



Forgotten law never enforced can solve water crisis, floodings

By Alcuin Papa

THE IMPLEMENTATION of a little-known law requiring that barangays construct catchments or reservoirs to collect rainwater would have helped solve the ongoing water crisis and the country's regular flooding woes, according to an environmental lawyer.

Antonio Oposa Jr., a professor of environmental law at the University of the Philippines, cited Republic Act No. 6716, the law that provides for the construction of water wells, rainwater collectors, development of springs and rehabilitation of existing water wells in all of the country's barangays.

The law, designed to save rainwater during the rainy season in catchments or sumps, was passed in 1989 and has never been implemented, according to Oposa.

"The water shortage and rationing that we are again going through has been coming for a long time. We are being flooded during the rainy season, yet we are undergoing severe water shortage. And all because we forgot, or simply neglected to implement, a simple law that requires the construction of rainwater catchment/collectors in every barangay," he said.

He described the most simple rainwater catchment system as a specially prepared hole in the lowest level of a vacant lot to capture rain water from the sky or from the ground. If properly designed, ground catchment sys-

FORGOTTEN A13



LAUGHTER IS THE BEST MEDICINE Ha-Ha! Ha-Ha! Paolo Trinidad, founder of Laughter Yoga Pilipinas, takes Inquirer editors and reporters through the paces of what he describes as "a revolutionary idea." Among the benefits of Laughter Yoga are an uplifted mood, a toned body, better memory, increased energy and strengthened immune system, Trinidad says.

Second FrontPage

Chavit son mum in HK jail

'My son can answer for himself'

By Pocholo Concepcion

THE PHILIPPINE vice consul in Hong Kong yesterday said he talked on the phone with Rep. Ronald V. Singson of Ilocos Sur, who was arrested on July 11 for drug trafficking, but was unable to get any information from him.

'Calm, casual'

Friends, associates unaware

Reyes to contest party-list ouster

June 1 resolution

Noynoy rallies House allies behind 'agenda for change'

Heherson to Senate: What loans?

STRENGTH IN NUMBERS

Minority parties form 80-man House bloc

By Leila B. Salaverria

THE OTHER political parties in the House of Representatives have consolidated their forces and vowed to act as one in pushing their respective interest, but they also pledged to support the Liberal Party's bet for Speaker.

The Nacionalista Party, the Nationalist People's Coalition, the Pwersa ng Masang Pilipino, the Partido Demokratiko Pilipino-Lakas ng Bayan and the Laban ng Demokratikong Pilipino yesterday signed a coalition bloc agreement.

The groups collectively have 80 members. Among the members of the coalition are the sons of two presidential candidates who lost to President Aquino: San Juan Rep. JV Ejercito and Las Piñas Rep. Mark Villar.

"We confirm herein that our parties officially agree to work together and support each other to pursue the legislative agenda and policy reforms of our respective parties in the House of Representatives, in so far as circumstances will permit," NP member and Cavite Rep. Jesus Crispin Remulla said, reading from the group's agreement.

Part of solution

Remulla, who spoke at the Kapihan sa Bato forum, said the group would vote for the speakership of the President's Liberal Party Quezon City Rep. Feliciano Belmonte, and would join the majority coalition.

"Our intention is to support, to give a chance to the administration to succeed. And we want to be part of the solution, not part of the problem," he said.

Belmonte is expected to bag the speakership, with even some members of Lakas-Kampi-CMD pledging their support for him.

According to Remulla, the coalition agreement is also intended to strengthen the parties' standing in the House.

"As they say, one problem in politics is if they see that you are weak, they will step all over you," he said.

He said the coalition would deal with the LP as a bloc.

"Before today, we dealt with them separately. After today, we'll be dealing with them together, as a coalition," he said. "It's part of politics. At least we can be assured that everything will be dealt with in good faith. And we commit to act in good faith throughout the whole 15th Congress."

3 House blocs

The move reduces the House into three major political blocs, minus the party-list groups, Remulla noted.

One bloc is the President's LP and another are the Lakas-Kampi-CMD members, who are expected to make up the minority.

The third is the coalition of the other parties.

Remulla said being in the House opposition "is not the healthiest thing to be," especially since the President is considered to be very popular.

Makati Rep. Mar-len Abigail Binay, the Vice President's daughter, said the coalition was formed because the various parties in the House do not want to lose their identities even if they ally themselves with the LP Speaker.

"There is always strength in numbers. That's why we want to work together rather than work against each other," Binay said.

Ejercito said his party, the PMP, would be in the middle.

"If there's something worthy of praise, we will praise it. If it has to be criticized, we will criticize it... We will be the balancing force," Ejercito said.

NPC spokesperson and Valenzuela Rep. Rex Gatchalian described the move as a "bold initiative" because it would clearly show where a group belongs.





THE DAILY GOSPEL

Sunday, July 25, 2010
17th Week in Ordinary Time

1st Reading: Gen 18:20-32

[illegible]

2nd Reading: Col 2:12-14

[illegible]

Gospel: Lk 11:1-13

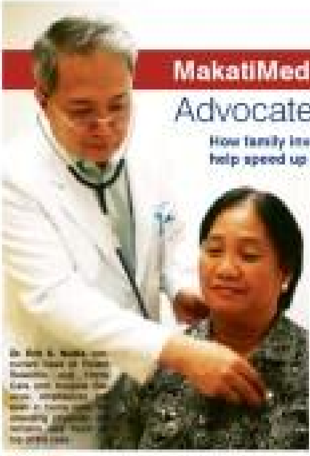
[illegible]

Commentary

"Lord, teach us to pray."

[illegible]

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MakatiMed's Home Care Program

Advocates Healing at Home

How family involvement and the comforts of home can help speed up the recovery process

Dr. Eric S. Nubla, concurrent head of Patient Relations and Home Care and Hospice Services, with [illegible]

Contrary to what most people believe nowadays, the best place to heal isn't always in a hospital—it can actually be at home. A number of studies have shown that staying in a familiar place, being able to perform daily tasks on their own, while feeling less isolated can greatly help speed up the recovery of patients suffering from an illness or injury.

Long since recognizing the merits of home recovery, premier health institution Makati Medical Center established its Home Care and Hospice Services Unit, and with it, the Home Care Program, which acknowledges and promotes the virtues of recuperating at home and the involvement of patients' family members in the process.

As Dr. Eric S. Nubla (concurrent head of Patient Relations and Home Care and Hospice Services) says, "There's a value to convalescing in a comfortable and familiar environment, like the ambiance of a home. There's also a value to getting family members involved. Bonding and caring are very positive things that contribute to a person's health." He continues, "And then there's the reality of economics, of managing your expenses, and the convenience of relatives visiting you at home instead of a hospital."

Some degree of anxiety may accompany the practicality and effectiveness of recovering at home. Foremost of these would be that the care of kin may give a patient unconditional love and support, but will they be able to offer the professional care that doctors and nurses are known and trained for?

MakatiMed's Home Care Program helps ensure that they do. With the commitment of providing patients "with continuity of care and home support to maintain independence and dignity as long as possible in one's own home, as well as enhancing the quality of one's life," the program is an option presented to a patient and his family once the attending physician sees his patient fit to recover outside hospital confines.

Prior to a patient's discharge, caregivers (ideal candidates would be relatives genuinely concerned about a patient's well-being and are willing to learn) undergo hands-on training for specific routines such as how to give a sponge bath, clean a wound, or turn a patient regularly to prevent bedsores. To further facilitate the home caring, MakatiMed can also source hospital equipment, from beds to oxygen tanks, for them.

Experienced doctors and nurses even make house calls to monitor a patient's progress. "Note that this is for home care," says Dr. Nubla, "and not for emergency care which is best carried out in the emergency room of a hospital." He also emphasizes that even in home care, the attending physician still remains very much on top of the case.

MakatiMed pioneered hospice care in the Philippines, serving terminally ill and indigent patients under its pastoral services unit. Research by way of visits to different hospices, advice and feedback from doctors and patients revealed "the more pronounced need for home care," says Dr. Nubla. The growing demand for home care programs prompted the hospital to establish the Home Care and Hospice Services Unit, and expand its services.

But for all its state-of-the-art equipment and experienced doctors and nurses, Makati Medical Center, or any other hospital for that matter, cannot match the comforts and welcoming atmosphere of a home, or the family and friends who genuinely care for you. If these don't hasten healing, stresses Dr. Nubla, no pill or treatment will.

"Even the most prestigious hospital can only do so much to speed up healing," Dr. Nubla says. "Beyond the medicines and the equipment, the emotional support of family members and the familiar comfort of home are a patient's key motivation to get better. It's the people they care about the most, they find their reasons for recovery."





MakatiMed's experienced doctors and nurses will even make house calls to monitor a patient's progress.



MakatiMed pioneered hospice care in the Philippines, promoting the virtues of recuperating at home and the involvement of patients' family members in the process.



MakatiMed's Home Care Program ensures that caregivers are given hands-on training for specific routines that they would have to perform for patients.

For more information, visit the Makati Medical Center's Home Care and Hospice Services unit at the 1st Floor, MMC Tower 1 Main Building, No. 2 Amorsolo St., Makati City or [illegible]. You may also call the MakatiMed 24/7 On-Call Hotline at 8888-999 local [illegible] or visit www.makatimed.net.ph

MMC MAKATI MEDICAL CENTER



FREE PHONE CALLS [illegible]

Customs chief vows transparency

[illegible]

NO TSUNAMI, NO DAMAGE

Quakes, aftershocks hit South

Schools now have water, says DepEd



LEAGUE OF CITIES

Sona will be truth-telling, not just 'shock, awe'

Bad mood

Key points

DOJ to deal with anomalies



OLD FACES, NEW FACES

Family anxiety

Punching bag

No frills: Noynoy to speak 'from the heart'

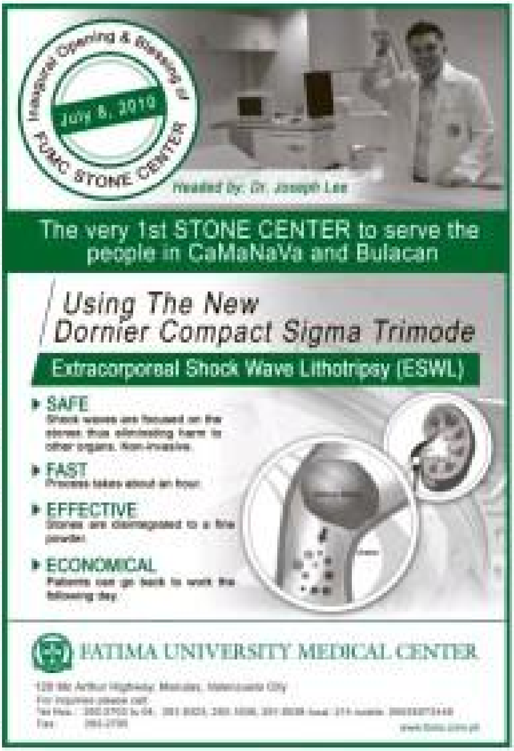
Anticorruption plans

Status report

Public pulse

Budget from Kris

For the record: 'Amazing Grace' in 60 languages







6 Chinese face charges for mineral theft



GETAWAY A boy from Balete, Batangas, dives into Taal lake during a downpour.

CAMP TIRSO GADOR, Tuguegarao City—Six Chinese were charged with theft of minerals before the provincial prosecutor's office here on Friday, a day after they were arrested for illegal black sand mining along a riverbank in Lallo, Cagayan.

Mamanwa destroy mining equipment

DENR, PNP seize Masinloc mine; mine exec cries foul

Coast Guard faces raps for damages

₱2.23B worth of cocaine recovered in Samar in '09

INQUIRER Mindanao

E-mail us: ... Website: ...

Editor: Jun Bandayrel
Bureau Chief Nico A. Alconaba

Duterte, AFP part ways in handling insurgency

By Jeffrey M. Tupas
Davao City

AT THE HEIGHT of the election campaign in May, a tarpaulin showing top communist rebel Leoncio Pitao, or Commander Parago, shaking hands with then Mayor Rodrigo Duterte of Davao City was burned by hard-core anticommunists Pastor Jun Alcover and retired Maj. Gen. Jovito Palparan—right at the bosom of insurgency in Paquibato District.

The political gimmick was viewed as highly incendiary and a daring act for Alcover of the Alliance for Nationalism and Democracy (Anad), which was then seeking party-list representation in Congress, and Palparan, who was running for senator.

Both were escorted by fully armed soldiers belonging to the Army's 69th Infantry Battalion, as was the usual arrangement whenever they entered Paquibato to campaign for their party-list group...and against Duterte, who was then running with his daughter, now Mayor Inday Sara.

In Marilog District, they were protected by soldiers from the 84th IB.

The two battalions are under the 1003rd Infantry Brigade headed by Brig. Gen. Eduardo del Rosario.

It was not quite surprising, therefore, that this week, Mayor Inday Sara withdrew the city's financial support to Del Rosario, particularly the two commands based in Marilog and Paquibato.

But there may be other reasons for her decision.

"I have a lot of military friends who also supported Alcover and Palparan during the elections, but I did not take it against them. The withdrawal of support from the 1003rd IB was my decision as the city mayor," she told the Inquirer.

"The difference lies in the approach to the problem. And as a local government unit, we do not have the obligation to support them," she added.

The problem with Del Rosario's approach to the communist insurgency issue is that it is combat-heavy, something that stands in contradiction to that taken by the city government, she said.

"While the commanding officer is a friend, I do not agree with his internal security plan for the city. It is combat-heavy. I do not think it is the solution," said Duterte.

For the new mayor, the combat operations being implemented by the military against the New People's Army are "futile and counterproductive for all the stakeholders."

"The lives and properties of soldiers, lumad (indigenous peoples), rebels, residents and the local government unit are wasted on the cat-and-mouse game that has become a prolonged war between and among Filipinos," she said.

Comprehensive program

The city government's way, she explained, is focused on giving a comprehensive program for rebel returnees, support for localized peace initiatives, a literacy program and other forms designed to achieve sustainable peace.

Del Rosario's command, while it is based in Sto. Tomas town in Davao del Norte, also operates in the hinterlands of Toril, Marilog, Calinan and Paquibato—all known lairs of the NPA. The military estimates rebel strength in these areas at 150.

Sara said military officials should participate in the discussions conducted by the City Peace and Order Council and "ponder on other perspectives in addressing the insurgency problem."

Del Rosario confirmed that the city government was giving at least P100,000 in monthly financial assistance to purchase food supplies for the 69th and 84th IBs.

"The monthly support is really helping us, especially because we have a number of detachments under our command, but we have an internal support system in the military ... we will be able to survive," he said.

AFP operations on

The military official said operations against the NPA would continue—with or without support from the city government. "We have our own system of support and can live with what we have," he said.

Like Duterte, Del Rosario said the Armed Forces would want to end the insurgency without "bloodshed."

"If we can entice the rebels to return to the fold of the law, that is most welcome," he said.

He praised the city government's assistance to and rehabilitation of rebel returnees. He, however, said that Mayor Duterte's description of a "combat-heavy" approach taken by the military might have been brought about by the frequent encounters between soldiers and rebels.

Since January, 13 battles between them have shaken the city.

"We would like the city to be very peaceful and one way is to drive the rebels away from here through the conduct of tactical operations," Del Rosario said.

Local human rights lawyer Carlos Isagani Zarate said the mayor's decision to pull back financial support for the military only shows that she knows her history.

"She knows that, as history tells it, the problem of rebellion will not be solved by firearms or militaristic approach. She knows that there are better ways to solve the problem and that she will do, without the help of the military," Zarate said.

And perhaps, he said, the new mayor had felt the "frustrations of her father."

"She has seen that over the years, her father has been supportive of the military while maintaining a friendly relationship with the NPA. And yet, while that approach has brought peace to the city, the war is still there," he said.

"Perhaps, she doesn't want to suffer the frustration of her father," he said.

Another human rights lawyer, Angela Librado-Trinidad, a close friend of the mayor's, said the decision stemmed from Duterte's ability to feel the real need of the people.

"She is thinking and feeling, as a real woman, who says and decides on what she thinks and feels is correct and right for the people. She really is a grounded woman. She knows the problems of the people," said Librado-Trinidad, who had served as city councilor.

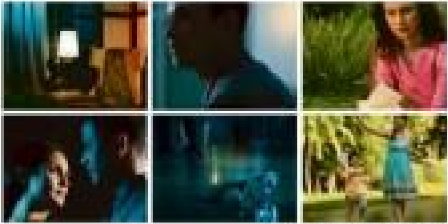
Zarate said the Aquino administration could learn "a thing or two" from Sara in addressing rebellion in the country.

"She is right now attacking it by giving much attention on the social and historical dimension of rebellion. With this, she can even qualify as one of the advisers of the President for the government to give some sense to what they are doing about rebellion in the Philippines," he said.



MAYOR Inday Sara Duterte and her father, Vice Mayor Rodrigo, are endeared to the people for their ability to connect with them. Sara, who swears off a militaristic approach to end the insurgency, is shown here with Lt. Vicente Camaya.


YOUR LIFE
BEGINS
WITHIN
A STUNNING
SETTING




WEST
TOWER

INQUIRER

OPINION

Supreme theft

Editorial



How to listen to a Sona

Public Lives

Randy David

Father God

Moments

Fr. Jerry M. Orbos, SVD

The Sona and the Supreme Court

WITH DUE RESPECT

Artemio V. Panganiban



The unbelievable luck of the Arroyos

AT LARGE

Rina Jimenez-David



Power to the people

WORLD VIEW

Carlos Slim Helú and Kandeh K. Yumkella

> What is missing is a global commitment to move energy access up the political and development agendas

'Brotherhood of Bigots'

METHOD TO MADNESS

Patricia Evangelista



THEY SAID

Flawed

Protector of thieves

TALK of the TOWN

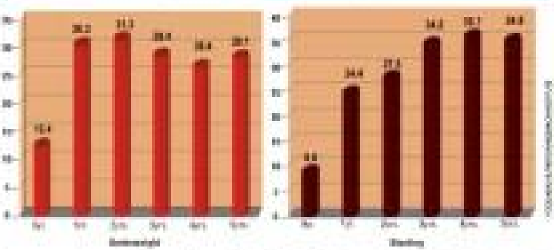




NUTRITION MONTH

Malnutrition among Pinoy kids up

Prevalence of underweight, stunted children (0-5 years, in percent): 2008



Government programs

Private sector

Expand cash transfer to 4.6 million families

Forgotten law . . .

From page B1

[illegible]

Respondents not responding

[illegible]

Sickbed of noncompliance

[illegible]

Blame game on

[illegible]

Militant solons come in . . .

From page A1



THIS EFFIGY IS NOT FOR BURNING [illegible]

[illegible]

Aquino's agenda

[illegible]

Independent voices

[illegible]

Not expecting miracles

[illegible]





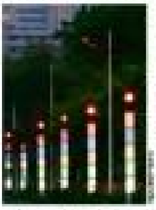
Fast facts: Turtles teach life-changing values like patience







Tacky lampposts defile heritage, glorify thievery at ₱150,000 each





GLOBAL Pinoy

'Little Tondo' in Hong Kong



In hidden slums, hopes survive in the hearts of struggling migrant residents







A SECRET PLACE

'SUPERB' LIFE

'Sara' raid

Bets and gambling

High-tech shanties

A glimpse of heaven

Visa protection for victims of crimes and trafficking



IMFO

Lourdes Santos Tancinco

Protection to victims

Compromising victims' safety

Authority to revoke visa

News



MARGARITO



PACQUIAO

It's Margarito vs Pacquiao for WBC title

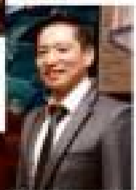




Top minds speak: Thriving in an increasingly competitive marketplace.











Complainant complains

Aplus METRO



CALOOCAN'S PRIDE

Easy riders' hub in Metro

MOTORCYCLE fans or easy riders scouring for the best bargains while looking for their vehicle of choice only have one place in mind: Caloocan City.

[illegible]

Almost there

[illegible]

Multiplier effect

[illegible]



Easy riders' hub in Metro





Carry-overs

Recovered

THE ENTIRE stretch of 10th Avenue in Caloocan City is the hub of the motorcycle trade in Metro Manila.

'No written agreement reducing Makati BIR taxes'

MMDA's new chairman is former Cavite mayor

MetroBriefs

Life support training for QC traffic aides

2 killed by robbers on motorcycles

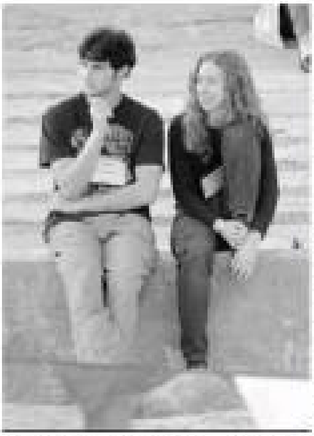
Seminar on setting up a foundation



PARTNERS IN JOB GENERATION

US challenges China on disputed Spratly islands

The uninvited to Clinton wedding grumble



7 of 91 EU banks flunk 'stress tests'

38 bodies at Mexico drug dumping site

Ancient woman suggests diverse migration in Americas



The WORLD

N. Korea vows 'powerful' nuke response

SEOUL—North Korea on Saturday threatened a "powerful nuclear deterrence" in response to joint US-South Korean naval exercises as tensions escalate over the sinking of one of Seoul's warships in March.

CHERRY MOBILE's DUAL STARS

Kim Chiu joins John Lloyd Cruz as the new face of Cherry Mobile



Mobile's President, Mr. Roger Chiu, with Kim Chiu, John Lloyd Cruz, and Cherry Mobile's CEO, Mr. Maynard Ngu



Cherry Mobile Q5i, Lloyd's Music Phone: Together in perfect harmony

Cherry Mobile X90 Blush: Kim Chiu's "Kikay" phone

Trident Q300: Cherry Mobile's Triple Sim

Cherry Mobile is now open for franchise

Sunday SPORTS
Editor Teddyvic S. Melendres
Assistant Editor Francis T.J. Ochoa

COMMENTARY

That bizarre DQ in Del Monte

Archers surprise Eagles; Bulldogs crush Warriors



SSC-Excelroof eyes 4th V-League victory

So suffers first Biel setback vs Caruana



Frankie misses Senior Open cut

Baseball: Dolphins forge rubber match with Sharks

PBA 'FIESTA'

S'finalists break deadlock today



Underdogs no more

IN HUDDLE

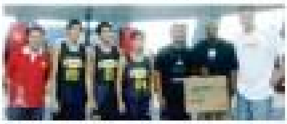


Beth Celis

Cobra routs Kwarta Padala, cops 2nd TOP title

SPORTSWATCH

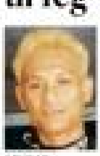




Orchard hosts 1st Fed Am leg

SMC all-stars near 'Japa' sweep

Aguilar dominates Superbikes fourth leg



AGUILAR

ROADTALK Sunday
LIFE DEFINED BY THE ROADS WE TAKE
Editor Aniko Espinosa

Pinoy auto shutterbugs show the world how

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Photos by Aris Bañares, Kiappie Garcia and Glenn Cruz

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First, love cars

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From custom body kit builder to product endorser



Toyota Altis Club in Ortigas Home Depot, part 2





Celerio embodies Suzuki expertise in fuel economy





Business Features Editor: Margie Quimpo-Espino

Sunday Biz

Website: www.inquirer.net/business | E-mail: business@inquirer.com.ph





ASSOCIATE Justice Antonio Eduardo Nachura (top) and lawyer Antonio B. Oposa Jr. (right).

Japanese firm turns students into leaders

Hitachi hosts meet of change agents

By Elvira Mata

NICOLE VILLAROJO was a senior student at the top of her class at De La Salle University (DLSU) when she joined the 9th Hitachi Young Leaders Initiative (HYLI) held in Indonesia in 2008.

Coming back from the three-day workshop, which was attended by 28 young leaders from seven Asian countries, she ran for student council president on a strong environmental platform.

Villarojo says it was HYLI that sparked her interest in the environment.

"We had to do an academic paper on energy management for the workshop. We had three months to prepare. I did a lot of research, I consulted my professors who talked to me about environmental economics. It was like taking another class," Villarojo says on the sidelines of the HYLI Alumni Forum held in Singapore from July 4 to 6.

"When I ran for student council president at DLSU, one of my programs was to ban Styrofoam in the campus. Planting trees takes time, I don't know how to clean rivers, but solid waste—that was something achievable. We produce 1,000 trash bags a week in campus. So we started the

JAPANESE B3

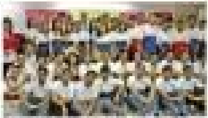


Bam Aquino (with the microphone) presented on behalf of the Philippine alumni.

Japanese

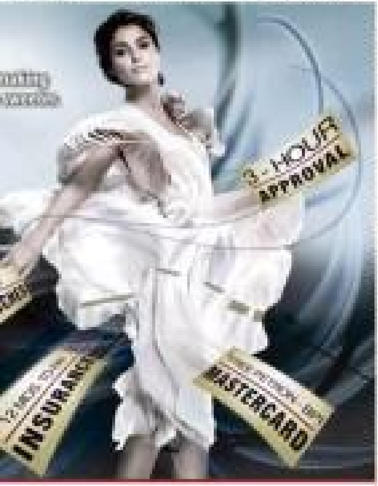

It's not just about
giving you your dream car.
BPI
Let's make it easy.

th a care - II



Shell sends attendants, drivers' kids to school

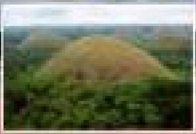






Introducing . . .









THE PHILIPPINES has much to offer to travelers of all inclinations, budgets.

Introducing Filipinos to the Philippines



By Tina Arceo-Dumlao

IT'S A shame, really, that many well-traveled Filipinos know more about other countries than they do their own, making them the proverbial strangers in their own homeland.

One reason is cost, because traveling to some parts of the Philippines may indeed be more expensive than going to Hong Kong, Macau or Singapore. Another could be plain ignorance of where to go and how to get there.

Some might just need a little bit of convincing that they should know more about what makes the Philippines unique and why they should be proud to be called Filipinos.

To address these concerns, the Philippine Tour Operators Association (Philtoa), the country's biggest association of travel and tour operators, formulated "fun, innovative and educational" tour packages to suit every budget, from as low as P300 a person for the Hop On Hop Off Pasig Ferry Cruise to P8,999 a person for a three-day, two-night tour of the rustic towns, fresh islands and historical sites of Ilocos.

Enticing

Philtoa president Cesar Cruz says the tour packages are specifically designed to entice Filipinos to their own culture, and the accent is on "experiencing" the places to be visited, not just look at them and take pictures.

This type of tour particularly appeals to young Filipinos who are eager to go out, spend and experience the world.

With the Kalinanya packages, for example, travelers will get to enjoy the cinemas, pancits, homegrown delicacies, savory foods and the unique take on seafood of provinces known for their culinary heritage, such as Batangas, Laguna, Cavite, Bulacan and Pampanga. These tours will just take a day—eight hours—and cost only between P1,850 and P2,500 a person for a minimum tour group of six.

For those who want to throw in a long drive, Philtoa has come up with Park and Go Island Getaways featuring Batanes (P3,999 a person), Vigan (P3,950 a person), Puerto Galera (P3,500 each) and Bicol (P7,950 a person). The three-day, two-night package includes the use of air conditioned coaches/ferry as well as accommodations, breakfast and select activities.

New sights

For those looking to discover new sights within flying distance, Philtoa has its fly and go island getaways to Boracay, Bohol, Batangas, Cebu, Davao, Iloilo, Laoag and Palawan. Prices ranging from P6,800 to P8,999 include the roundtrip airfare, accommodations, breakfast, on-site transfers and tours.

Even those who are pressed for time have something to look forward to because Philtoa has prepared City Break packages.

These include the Manila Jeepney Experience for a guided tour of Manila (P800 each), the Binondo Culinary Walking Tour (P950 a person) and the Pasig Ferry Cruise (P300 each).

Cruz is optimistic that Filipinos will snap up these special tour packages to be featured during the 21st Philippine Travel Mart from Sept. 3-5 at SM Megatrade Hall, SM Megamall because there is a palpable and growing desire among Filipinos to see and experience more of what the Philippines has to offer.

Last year, Philtoa members booked P43 million in sales, and Cruz is optimistic that

INTRODUCING B5

Sunday LIFESTYLE
Editor: Thelma Sioson San Juan

Are there lessons for Noynoy from that Obama style?

Despite the barbs, Obama continues to be the darling of most of the media. This despite the fact that Bush gave more press conferences on his first year in office



US PRESIDENT Barack Obama



PRESIDENT Noynoy Aquino during his inauguration at Quirino Grandstand, Luneta, Manila

By Lito Gutierrez
Contributor

SEVERAL WEEKS ago, on the 56th day of the Gulf of Mexico oil spill, which is turning out to be the biggest manmade environmental disaster in history, Barack Obama, for the first time in his presidency, addressed the nation from the Oval Office.

It's not often that an American president would address the nation from behind his official desk. George W. Bush did when he announced the start of American invasion of Iraq and later in the aftermath of Hurricane Katrina.

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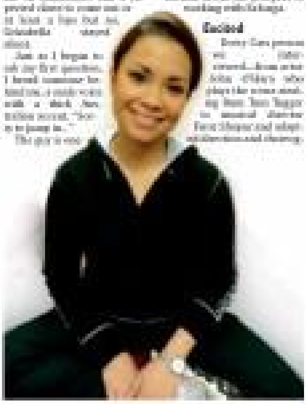
'Delicadeza' 101

SHOUT OUT! WRITE US WHAT YOU THINK ARE examples of "delicadeza" or "no delicadeza" among public officials and celebrities. We will run it. Text Inquirer Life with your Name/Age/City/Message and send to 4467, or send an email to lifestyle@inquirer.com.ph.

Becoming Grizabella

As 'Cats' opens in Manila, Inquirer Lifestyle remembers visiting Lea Salonga in Sydney as she prepared to become Glamour Cat Grizabella





Excited

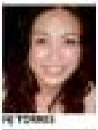
Not fazed

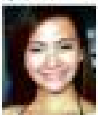
Not easy

'Plastic surgery'

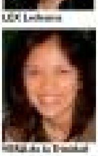
What is 'delicadeza?'

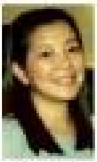
And do you think 'delicadeza' is dead?













Readers' feedback on 'delicadeza'

Are there lessons . . .

Didn't care

People's pulse

Green Initiatives From the SM SUPERMALLS

Green Solutions from Eco-warriors

Some of this country's most dedicated environmental advocates were among those who attended the recent climate change forum of former US Vice President and Nobel Laureate Al Gore at the SMX Convention Center.

SM Prime Holdings sponsored the event as part of its environmental advocacy, and they were happy to be part of it. The forum reinforced what they had believed for so long, and from they share so eco-solutions that we can apply in our everyday life.

Earth Day Network Philippines Chair Bebet Gozun, environmental lawyer Atty. Tony Oposa, and green architecture advocate Architect Amado de Jesus have shown us how they have incorporated their love for the environment in the professions they have chosen. Here, let us know how we can do our share to help the environment.

BEBET GOZUN: IT'S VERY EASY TO BE PART OF THE SOLUTION



A former Secretary of the Department of the Environment and Natural Resources, Elisea Bebet Gozun, is a consultant to various environmental management and urban development programs. Currently the chair of the Earth Day Network Philippines, Vice President of the Solid Waste Management of the Philippines and the Partnership for Clean Air, and Program Director of the Green Kalinga Program of Gawad Kalinga. The United Nations Environmental Program (UNEP) recently named her Champion of the Earth for Asia.

"Each of us has a moral and ethical obligation to our fellow man and to God to take action now," she quotes from Al Gore, who incidentally is her North American counterpart in UNEP's Champion for the Earth. "There is no time to waste if we want to ensure the planet's survival."

Gozun says that it is "very easy for each one of us to be part of the solution to the global problem..." She says that going green is as easy as closing the lights when you leave a room, unplugging your appliances, shifting to LED lighting, using stairs instead of elevators. It is also using a glass when brushing your teeth, watering your plants early in the morning, and using green bags for groceries. "These are simple things," she says, "but these are do-able and our efforts will go a long way if we do them now."

She strongly commends the SM management "for the many green initiatives it has undertaken and continues to undertake. SM is not just complying with environmental laws, rules and regulations. It has really gone beyond compliance and has become an environmental steward by integrated sustainability in its operations - reusing treated wastewater, improving water and energy efficiency, shifting to biodegradable bags and by designating Wednesday as "bring your own bag day", and its conscious effort to adopt green building principles and measures."

ATTY TONY OPOSA: THE SIMPLE LIFE



Environmental lawyer Atty. Tony Oposa says that for him, "law is a tool, a thinking tool to guide human conduct." Known for taking on the Philippine government for not taking care and cleaning Manila Bay - a cause he won after ten years - he continues to do many things for Mother Earth.

He says that the Al Gore event raised a lot of awareness, and thanks SM for hosting the event.

What he looks forward to, however, are more solutions. "SM has economic power and with it can do a lot of good." He cites what he calls the paradigm shifts SM did in the SM Mall of Asia, where not all areas of the mall are airconditioned.

His tips on going green? "First, it is important for us to understand that climate change is real and it's here to stay," he says. "And the sooner we address it, the better."

We can do this by "living simpler lifestyles and reducing our consumptions."

AMADO DE JESUS: BUILDING GREEN

As the Founding Chairman of the Green Architecture Movement of the United Architects Movement of the Philippines, and Vice President of the Green Building Initiative, Architect Amado de Jesus tries to save the environment through green building designs.

Long before it became fashionable to build green, he already included green passive features such as daylight and natural ventilation in his early architectural designs. He became actively involved in promoting green architecture in 2000 when he was appointed Chairman of the Green Architectural Movement and participated in an international green conference in Korea.

Since that time, he has served as Chair of the Board of Judges of the ASEAN Energy Awards, and continues to promote green architecture in Architrends, his column for the Philippine Daily Inquirer.

De Jesus says that "what academicians, experts, and even green architects could not effectively do, Mr. Al Gore was able to accomplish by bringing climate change issues to the fore." He agrees with Gore who has said, "political will is a renewable resource."

He advocates practicing what he calls energy modesty, and cites the SM Supermalls for its green programs. He encourages SM to become more active in the greening of the malls by getting the tenants involved, as "this movement should include the tenants and the products that mall sells."



Green Film Festival at the SM Supermalls

SM 2010 GreenFilm Festival



The reinforce awareness about climate change, especially for the next generation, SM's Environment Committee, under the SM Cares program, has launched the Green Film Festival at the SM Cinemas.

Award winning titles from the BBC and the Discovery Channel can now be viewed for free at the SM Cinemas nationwide every third Monday and Tuesday of the month until December 2010.

These films highlighting the beauty of the Earth and the value of conserving our shared resources will be shown during these days: State of the Planet at 9:00 AM, Planet Earth at 10:30 AM, and The 11th Hour at 12:00 NN.

State of the Planet is a three- part documentary made by the BBC Natural History Unit with David Attenborough presenting a program that explains the earth's current state. The three parts include: Is There a Crisis? wherein David researches on scientific evidence to find if there was really a crisis on the planet and how it came about; Why Is There a Crisis? where he tackles habitat loss, introduced species, pollution, over harvesting, and islandisation; and The Future of Life, wherein the audience is given a choice to leave the earth dying or to do something to let it live longer in the future.

Planet Earth by BBC showcases the beauty of the earth, wildlife, animals, vegetation, and minerals at its finest. It could be, when all is said and done, nothing less than the last chance to see the wonders of the natural world before they are extinct or permanently gone. Planet Earth takes you to places you've never seen before and gives you snapshots of why we must continue living and preserving for the future generations.

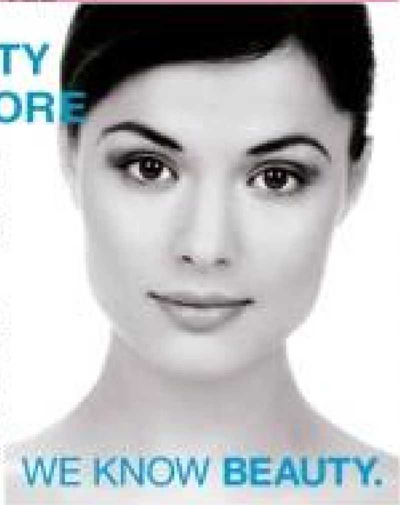
The 11th Hour is a documentary that was produced by the collaboration of Al Gore and Leonardo Di Caprio. It gives its viewers a look at the current state of the global environment. And tries to give practical solutions on how we could still save the ecosystem of Planet Earth. The 11th Hour is a metaphor of man's darkest hour, which they believe can turn into the finest if we act now by trying to change our course with the things that we can do.

Students of all levels are invited to view these films, and can visit www.smsupermalls.com or call 8316233 for school reservations.

SM CARES Let's do our share

"A lot of the most effective ways of saving the environment also saves money" - Al Gore

RADIANT SKIN BY BEAUTY BY SM DEPARTMENT STORE



Fair skin has been the hallmark of beauty, grace, and glamour for generations. White was beautiful as a pale face was the desired look because it defined your place in society - those with pale skin had enough money and didn't need to work.

And to achieve that look - think of Renaissance beauties, Elizabethan portraits, and Marie Antoinette's court in the west and Kabuki cast members in the east - men and women used a powder made of hydroxide, carbonate, and lead oxide. During the 19th century, they shifted to a safer alternative - a facial powder made of zinc oxide. And that's what we still use today.

White is considered beautiful in the Philippines as a fair and even skin tone is associated with cleanliness and youth, which boosts a woman's esteem and confidence. And with the growing skin lightening phenomenon, it's interesting to understand the basic science under our skin.

Skin Color 101

Melanin, a pigment synthesized by cells called melanocytes, determines the color of our skin, as well as the color of our hair and eyes. Your skin tone depends on the amount and type of melanin produced: darker skin with eumelanin, a brown pigment, and lighter skin with pheomelanin, a red pigment.

Both types of melanin are essential since these absorb and control the amount of UV light that penetrates the skin. UV rays are actually needed to naturally produce vitamin D, which is needed in building and keeping our bones healthy.

But of course, too much exposure to the sun's UV rays is harmful and melanin acts as the body's natural sunscreen. It protects against excessive skin tanning, or worse, burns. Other effects from over exposure include uneven skin tone, discoloration, hyperpigmentation - the over production of melanin which causes spots, and premature skin aging.

Skin Lighteners and How They Work

Skin lighteners inhibit the synthesis of tyrosinase, an enzyme that stimulates melanin production and distribution. There are many skin whitening choices in the market, and it is best to opt for those formulated with natural extracts like bearberry and licorice root, since these are generally non toxic and non irritating. The best lighteners are also enriched with vitamins to hydrate and moisturize the skin.

FOR A FAIR AND RADIANT FACE



The best way to achieve fairer skin is to incorporate it in your own complete beauty regimen once you have tested the product that works best for you. Typically, it's best to start with a good cleanser, followed by an alcohol free toner, and a lightening cream formulated moisturizer and SPF protection. Here, Beauty by SM Department Store recommends safe and expert formulated skin whitening products to help you achieve the fairer skin you desire.



Pond's White Beauty range will help transform your skin to a radiant pinkish-white glow as it nourishes and protects skin from the sun's damaging UV rays.

Beauty by SM also recommends these facial lighteners that are just as effective when used individually.











The Olay Natural White range has a vitamin B3 enriched formula, which gives you fairer, healthier looking skin. It also helps reduce the appearance of dark spots.



Garnier Skin Naturals Light is formulated with lemon essence to lift dead skin layers and boost skin's radiance.

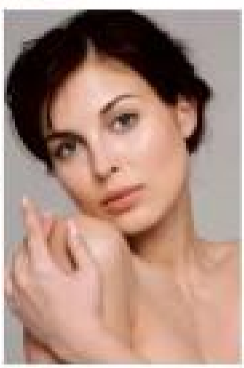
FOR A BODY BEAUTIFUL

Get the fair and flawless skin you desire by cleansing and moisturizing daily. Beauty experts recommend these body lighteners to nourish your complexion and help protect your skin from the sun's harmful rays.









These recommended skin whitening products are available at Beauty by SM Department Store outlets and at Watsons stores nationwide.

IN THIS ISSUE
- Tiger and elephant encounters in Thailand /E1



How to become a 'Dynasty girl'—the newer, fresher kind



For the senior 'Dynasty girls,' the ideal world is one without competition from anyone, much less younger women

By Louie Cruz

Prepare for it

Buy branded clothes two sizes smaller to show off your figure









Their Cup runneth over, olé!









How to become a 'Dynasty girl'—the newer, fresher kind

Milestones



BELMOR-LLANTO

GARCIA-BALANSAY NUPTIALS

ERIKA A. CRISOSTOMO DEBUT



PAGUNTALAN DEBUT

How to find purpose in painful experiences

ROOTS AND WINGS
Cathy Babao-Guballa



I'VE ALWAYS had a fascination for the extreme mood and human psyche.

In fifth grade, while my classmates were reading the Nancy Drew or Encyclopedia Brown series, I was focused on "Sybil," the true story of a girl with multiple personality disorder, and "I Never Promised You a Rose Garden" a novel about a 16-year-old girl grappling with mental illness. At night, in the confines of my bedroom, I would write my adolescent angst through poetry and short stories. The library was my favorite place in school.

My English teachers had known what I was destined to do—write. But life got in the way. I buried dreams in parental pressure so I lost myself and everything I loved.

Decades later, in the middle of a raging midlife crisis, my heart and I reconnected and I have not looked back ever since. Writing and helping people heal from their losses was what I was meant to do. Frederick Buechner in "Wishful Thinking: A Seeker's ABC" writes: "The place God calls you to is the place where your deep gladness and the world's deep hunger meet." At 45, I am finally there.

Someone once told me that every 10 years, one needs to reinvent his self to adjust to his environment. I agree, but I tell my friends to make the necessary changes and keep going back to what they love.

But how do you find what you truly love and how do you get there?

By thinking what you most enjoyed doing as a child. Look at the areas where you excelled in. Think of what gave you joy and fulfillment.

I was an only child for seven years so my playhouse and farmhouse were filled with a cast of characters and farm animals were my best friends. My yaya would leave me in the room for hours and not have to worry. I would make up stories and talk to all my little friends. The hours would just pass until it was time to eat or sleep.

Reconnecting with writing

Sometimes it is life's experiences that make you take a step back and think of what you love. I reconnected with my writing after my son died in 1998. Writing about him was a lifeline. It opened the doors to the world of magazine and newspaper writing. I haven't stopped since.

It was also his loss and my father's death that gave me the drive to earn a master's degree and build a niche in grief education and bereavement counseling. It was my midlife crisis that set me on a journey to my innermost self and motivated me to learn about the ins and outs of this time of life that can sometimes wreak havoc on one's psyche. I have passed on the lessons I've learned through writing and counseling.

Much of the discontent and discomfort in midlife is rooted in two areas.

One, you begin to ask yourself, is this all there is to my life? Second, you realize you've already lived half your life and that there is only so "T" number of years left yet there is still so much you want to do. This assessment crosses over all the areas in your life. Inner work is done during this period in one's life.

Three things have to be considered.

First, find what you truly love to do. Once you discover it, take the necessary steps to reconnect with it. If you loved photography as a teenager, get your camera and learn new techniques and skills.

Second, think about what you still want to do. A dear friend of mine has always been interested in astronomy and literature. He also has a gift for words. I told him to go back to school and take an MA or BS in either discipline. "Who knows, you may be the next Carl Sagan!"

Lastly, think about the experiences you have had, venture into the most painful, thought-provoking ones and see if you can find a connection between your gifts and what you have gone through. Pastor Rick Warren in "The Purpose Driven Life" says often our purpose in life can be found in the most painful experiences we've had. These experiences deepen your soul and expand your heart in ways that when used for the common good, benefit others who may be wounded in the same way.

John Neafsey in "A Sacred Voice is Calling" says, "Authentic discernment, therefore, seeks a proper balance between inward listening to our hearts and outward socially engaged listening with our hearts to the realities of the world in which we live. These come together in our heart's response to the needs and suffering of the world."

Find what you love and share it. From hereon, your life will be a love affair with yourself and everyone else in the world who may need what you have to give.

E-mail the author at cathybabao@gmail.com.

St. Paul Manila commemorates diamond jubilee with concert series

WHAT'S UP

THE ST. PAUL University Manila College of Music and the Performing Arts (formerly St. Paul College of Manila Conservatory of Music) turns 75 this year. Commemorating the Diamond Jubilee will be "Celebrating 75"—a concert series, which is a joint project of the SM Alumni of the Conservatory and College of Music and the Performing Arts.

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Sun promo

[illegible]

Greenhills 'tiangge'

[illegible]







Should religion be an issue in a relationship?

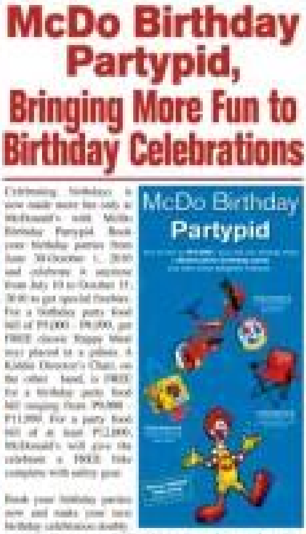
EMILY'S POST



Emily A. Marcelo



AHA celebrates its foundation day





Seminar on meat and fish processing

Virgen del Buen Suceso's feast

'Walang Sugat' returns to the stage

Sunday LifeStyle



My visit convinced me that everything in the kingdom is as 'smooth as silk' as ever

TESSA!
Tessa Prieto-Valdes



Tiger and elephant encounters in Thailand





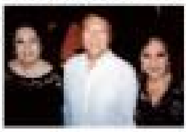
'Sahara Night' at Plantation Bay birthday bash

CEBU CEBU

Jovane Pacquiao



Mid-Eastern menu



Excellent buffet



Remember when?

Memories

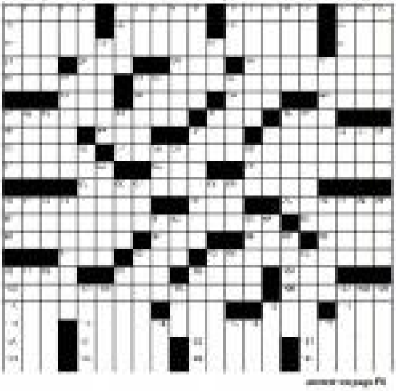
One hundred years of Immaculate Heart of Mary Sisters

SUNDAY CROSSWORD

PREMIER CROSSWORD/ By Frank A. Longo — MUSIC FOR ALL OCCASIONS

ACROSS

DOWN



Robinsons Galleria: The Mall That Started It All





Most Holy Redeemer Parish prepares for feast day of St. Philomena

THE UNIVERSAL Living Rosary Association of St. Philomena and the Most Holy Redeemer Parish on Mabar St. in Masambong, Quezon City, are getting ready for the nine-day novena to St. Philomena (Aug. 2-10) and her fiesta on Aug. 11. The shrine of the saint is inside the church which was initiated by Fr. Jojo Zerrudo when he was the parish priest.



ST. PHILOMENA, the wonder worker



ST. MARY Magdalene, patroness of Kawit, Cavite

PURELY PERSONAL



Josephine Darang

Novena Masses

St. Mary Magdalene

Remembering Jose Rizal

Oberammergau's passion play

Fatima image in RP

'Buen Camino'

Prayer Warriors for the Holy Souls


STEPHANIE Zubiri, Tim Yap and Sea Princess with cute tiger cubs at Tiger Kingdom


PEPPER Teehankee taming the tiger


TIGER rides at Tiger Kingdom with Tim Yap, Sea Princess, Pepper Teehankee, Pamela Cumpio, Virgie Dizon, Malou Lee and Jubert Cruz


ROSELLE Rabaso with the elephants

Tiger and elephant encounters in Thailand

From page E1

Sports Chumpol Silpa-archa welcomed us with stories about how animal life has returned throughout the kingdom. Now that one of it even left, mind you. As Pinoys all too well know, when the international media broadcast the isolated events that might plague a small portion of our country, it just seems like a whole lot more, when in reality the vast majority of the country is as calm as ever. Safe to the 20th degree.

I was amazed at the quick and aggressive response of the Thais to make sure the world was aware that life is as normal as ever in Thailand. Coincidentally, both TAT and Thai Airways are celebrating their 50th anniversaries, and TAT Governor Suraphon Svetasreni pointed out that this was a great cooperative effort for both to rejuvenate the country's tourism sector. TAT's Porntip Mahonpap personally welcomed the Pinoy group to the dinner.

After the reception dinner, my travel buddies Stephanie Zubiri and Pepper Teehankee quickly scouted the shopping deals in the nearby malls. Bangkok is truly a premiere shopping venue with so many premium products on sale.

Our tight schedule didn't allow for lots of shopping time. Good thing I was able to do my rounds with my Inquirer colleagues Pepsi Tan, Girlie Sison and Monica Francisco.

For the first time, we went shopping on board a boat at the Damnoen Saduak Floating Market. My initial impression, based on postcards, was that the market was solely a fruit and flower market. Wrong!

Almost everything found in Chatuchak Weekend Market can also be found either on floating boats or riverside stalls. Because of the recent crisis, bargains are there for the taking. The fun part about shopping is haggling for the cheapest prices.

To showcase some of Thailand's best tourism destinations and products, the delegates were also invited to tour several places all over the country. The Philippine delegation went to Chiang Mai and Chiang Rai.


ENJOYING the elephant park: Hiran Chantamchaipunt, Sea Princess, Tim Yap and Stephanie Zubiri


BANGKOK visitors at the Jim Thompson restaurant: Marichi Francisco, Didoy Francisco, Sea Princess, Anna Francisco, Monica Francisco, Beatriz and Angelica Benares, Vina Francisco, Girlie Sison, Pepsi Tan, Mia Francisco and Jay Francisco


READY for our Floating Market ride in Bangkok

Family getaway

Home to stunning natural scenery and a diverse array of outdoor activities, Chiang Mai is one of Thailand's best destinations to enjoy a family getaway. The best part is our hotel, Le Méridien Chiang Mai, was in the heart of the central business district with easy access to the famous Night Bazaar and stunning views of Doi Suthep mountain.

We spent a magical day at the highly revered Wat Pra That Doi Suthep temple, where we joined the saffron-robed monks in a private blessing ceremony. I remembered to get a string of good luck wishes for my first-time Panes, to General news secret, "where I will be the one for Team Times Sidles.

The magnificent panoramic views of the glittering roofs from the temple are breathtaking. There are so many picture-perfect spots throughout the grounds too.


WHITE Temple in Chiang Rai

After feeling blessed, we had an elephant encounter. One of the most popular elephant camps in Chiang Mai province is the Mae Sa Elephant Camp. They have an excellent reputation for treating elephants very well.

For tourists, the camp offers a fun-packed day of elephant activities including an hour's ride on an elephant, feeding elephants, an elephant show where you'll see the elephants paint pictures, play football and basketball, dancing, playing musical instruments and pulling lumber.

The highlight though was our tiger encounter. Tiger Kingdom Chiang Mai Park is a fairly new attraction in the area of Mae Rim. Tourists can play with puppy tigers, small tigers or big tigers. The friendly staff is there to assist and supervise the perfect "tiger moment."

Our most fearless tiger was good friend Tim Yap. He had the most daring poses with the medium-sized tigers. Stef and I were more content with the playful tiger cubs, and enjoyed them so much she forgot she is allergic to cats.

Just north of Chiang Rai, we found one of the most unusual and amazing temples I have ever seen in Thailand—the White Temple, known officially as the "Chapel of Wat Rong Khun." The White Temple is of modern architecture, designed and built by Thailand's premier artist Chalermchai Kositpipat. The attention to detail is remarkable, and I could spend hours here studying this intricate artwork.

To reach the temple, one crosses a bridge over the "pit of hell." Down below are sculptures of people, presumably trying to escape from hell. We Pinoys were fortunate to chat with the artist as he explained his design theory. In between the usual talk, Amalia Bababe explored the nearby food stalls for Thai snacks.

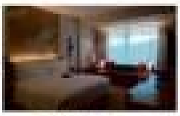
We chilled in Le Méridien Chiang Rai Resort, our home for the night. Set amid natural landscapes around a tranquil mountain lake along the Kok River, the grounds were designed to incorporate two 100-year-old massive rain trees, creating unusual landmarks for the hotel.

Yes, this visit to Thailand convinced me that everything there is as "smooth as silk" as ever. I can hardly wait to take my kids to see those tigers!

E-mail the author at seaprincess@inquirer.com.ph


WAT PRA That Doi Suthep Temple visitors Sea Princess and Tim Yap


THAI Airways GM Hiran Chantamchaipunt and US Ambassador Harry Thomas


WELL-APPOINTED room of Le Méridien Hotel


COLOR-COORDINATED: Thai maids and Sea Princess

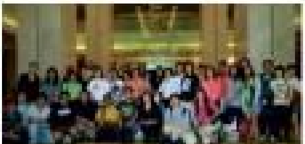

BEAUTIFUL Le Méridien Resort


WHITE Temple artist Chalermchai Kositpipat with the troupe


DAMNOEN Saduak Floating Market in Bangkok


THAI Airways dinner reception for Pinoy delegates Henry Tan, Myrna Ong Tan, Pepper Teehankee, Stephanie Zubiri, Sea Princess, Christine Dayrit, Roselle Rabaso, Virgie Dizon and Doris de Jesus


THAI Airways president Piyasvasti Amranand (second) and executive vice president for commercial Pruet Boobphakam (third from left) welcome Thailand Minister of Tourism and Sports Chumpol Silpa-archa (second from right) to the Thai Airways booth during the "Thailand Today" welcome reception


TOURISM Authority of Thailand's Porntip Mahonpap with the Asian delegates to "Thailand Today" program

Sunday LifeStyle



Kristine Reyes Alzar's Batangas

KRISTINE REYES Alzar dreamed of seeing the world as a child, and winning the Ms. Philippines-International and Ms. Tourism International titles in 2002 helped her fulfill this dream.

Today, Kristine is based in Dubai working as a cabin crew member of a major international airline. While her work has brought her to some of the most beautiful cities around the world, Kristine makes it a point to fly back to Lipa, Batangas, her hometown, at least four times a year to visit her family and the places she has come to love, including the SM mall.

Here, she leads the way as she brings us on a visual tour of her Batangas, her SM.

What were your fondest memories of growing up in Batangas?

I had a very simple childhood, filled with games like volleyball, games, patintero and piko after school and on weekends. During school breaks, we had swimming, dance and piano lessons.

I remember Sunday Masses, processions during Lent. We did house chores, and for the town fiesta, we would give our house a general cleaning and make suman and [illegible].

But my fondest memories would be the Christmas and New Year celebrations in Lipa. I think back on how we prayed every day during the Advent season, complete with the wreath and candles, how we would always have cakes during Christmas because it was also my mother's birthday. At the stroke of New Year, we would put coins on our opened windows and in our pockets and jump all together.

How do you think growing up in your hometown has made you what you are today?

I think regardless of where a person's from, it's the upbringing that basically molds his character. I grew up in a conservative and very religious community where utmost respect is observed. Where I live and work now, I meet people of diverse cultures, religions and backgrounds, and respect is a primary requirement.

If you were to bring guests to your hometown, where would you take them?

Coffee and churches are only two of the many things that make up Lipa City's rich heritage. When coffee cultivation was introduced in Lipa, the coffee industry flourished and made Lipa the richest municipalities in the Philippines at the time. Today

CONTINUED ON F2



MY CITY, MY SM homecoming in Batangas — lawyer Antonio Pio and Kristine Alzar (2nd and 5th from left) with SM City Batangas Mall Manager Lorenzo Calingasan IV, Batangas Vice Governor Mark Leviste and SVP for Marketing Millie Dizon







Province plays host to key Catholic pilgrimage sites

Batangas has the Taal church, the country's biggest, and the Carmelite convent in Lipa, where an alleged Marian apparition took place more than 50 years ago



BASILICA of St. Martin de Tours





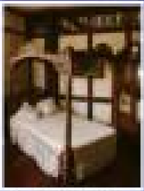


Showcases of Batangas heritage

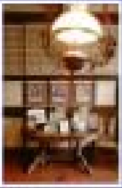


Museo de Lipa









Kristine Reyes Alzar's Batangas















Land of ‘tulingan,’ ‘barako’ and other culinary fare







‘Saplot’ Batangueño













Province plays host to key Catholic pilgrimage sites



Next to Vigan, the Batangas town probably has the most number of heritage houses

Taal's heritage houses struggle for survival





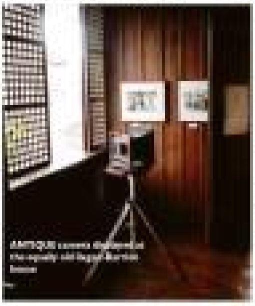


Apacible and Agoncillo



Vintage









Luxury hotel in Kowloon's commercial district





THE HOTEL swimming pool located at the health club



Abu Dhabi airline reports double-digit growth in 2010

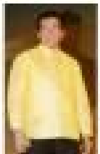
Albay's golden fiber takes centerstage













Heritage center in Daet now open





The Subic-Clark-Tarlac Expressway has cut travel by half and made travel around Northern Luzon more convenient



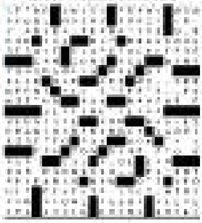
Northward through the SCTEX

Heritage village

Body massage



Shop in Singapore, win free trip

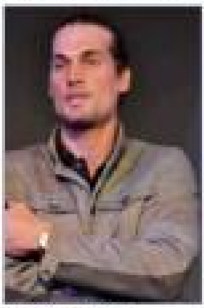


Sunday Lifestyle



Global experts unveil breakthrough hair care range in Manila

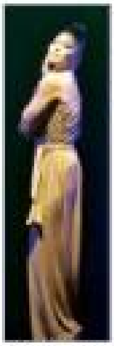
The new Sunsilk Co-Creations range makes 'expert-touched hair' accessible to every Filipina

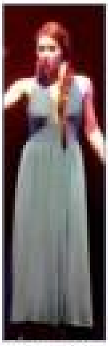


TEDDY Charles, Sunsilk shape and lengths expert



YUKO Yamashita, Sunsilk smooth hair expert







SUNSILK hair show with ... for different Sunsilk Co-creations variants

Sarah tells all on new 'love'

The 'shy' vocal powerhouse and box-office sensation finally lets her guard—and hair—down





The secret to smooth, pin-straight hair revealed

Japanese hair-straightening guru Yuko Yamashita co-creates with Sunsilk a daily-care formula to tame unruly tresses



Does your hair float or sink?

A quick test by London stylist and Sunsilk Co-Creations' Thomas Taw will tell your hair's damage level

Global experts unveil breakthrough hair-care range in Manila

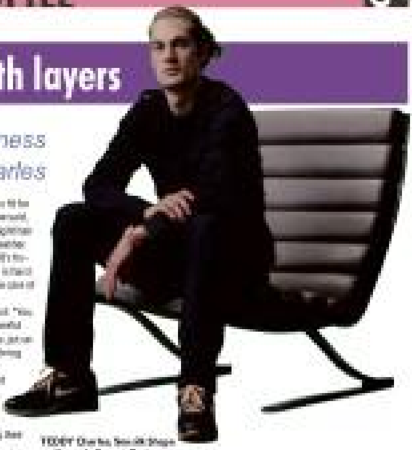






Long hair for Asians is fine, but with layers

'Keep it healthy while it grows long to prevent dryness and split ends,' says top French stylist Teddy Charles



Stressing over hair loss? Don't!



New York expert Dr. Francesca Fusco says stress is the root of most scalp problems

Expertise in every bottle

Sunsilk co-creates a new range with industry experts 'who don't sleep until their clients have perfect hair'

Smooth and Manageable



Strong and Long



Damage Repair



Straight and Sexy



Soft and Smooth



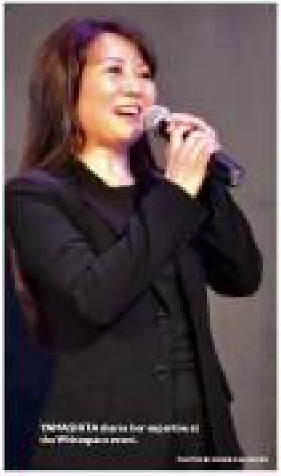
Anti-Dandruff



Hair Fall Solution



Yuko's daily hair care tips





Sunsilk Experts Salon go nationwide

Get expert-touched hair from Sunsilk's roving salons



BE A FAN ON FACEBOOK



Get expert advice on hair by being a fan of www.facebook.com/hairexperts! Learn about the New Best Ever Sunsilk and how it was co-created with the world's best hair experts. You can also get the latest tips on hair care and updates on exciting activities and promos from Sunsilk!

ENTERTAINMENT

Aussie 'Cat' sings in Filipino

CHEER FACTOR



ANGEL Aquino in "Bonsai"

Big wins for Pinoy indies

By Bayani San Diego Jr.

Overwhelming

'Limbunan' goes to Venice

DID YOU KNOW...

Bayani San Diego Jr.

I can't fall in love this year—Ruffa

By Marinel R. Cruz



RUFFA Gutierrez

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ROBINSONS MOVIEWORLD CINEMA MOVIE GUIDE

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2 THE SORCERER'S APPRENTICE
3 INCEPTION
4 THE LAST AIRBENDER
5 HATING KAPATID
6 THE LAST AIRBENDER (Digital 3D)
7 CINCO
8 THE TWILIGHT SAGA: ECLIPSE
9 ARANG
10 INCEPTION / PREDATORS

MANILA
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8 INCEPTION

NOVALICHES
1 INCEPTION
2 HATING KAPATID
3 THE SORCERER'S APPRENTICE
4 THE LAST AIRBENDER

FORUM ROBINSONS



Meet & Greet



Jon Foo

a.k.a. Jin Kazama

STA. ROSA
1 THE SORCERER'S APPRENTICE
2 INCEPTION
3 THE TWILIGHT SAGA: ECLIPSE
4 CINCO
5 HATING KAPATID

LIPA
1 THE LAST AIRBENDER (Digital 3D)
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4 THE SORCERER'S APPRENTICE
5 HATING KAPATID

DASMARIÑAS
1 THE LAST AIRBENDER
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4 THE SORCERER'S APPRENTICE
5 INCEPTION

STARMILLS
1 THE LAST AIRBENDER (Digital 3D)
2 INCEPTION
3 CINCO
4 THE TWILIGHT SAGA: ECLIPSE
5 HATING KAPATID
6 THE SORCERER'S APPRENTICE

IMUS
1 HATING KAPATID
2 THE SORCERER'S APPRENTICE
3 THE LAST AIRBENDER
4 CINCO
5 INCEPTION

ANGELES
1 HATING KAPATID
2 CINCO / INCEPTION
3 THE SORCERER'S APPRENTICE
4 THE LAST AIRBENDER

TACLOBAN
1 INCEPTION
2 THE SORCERER'S APPRENTICE
3 HATING KAPATID

DUMAGUETE
1 CINCO / INCEPTION
2 HATING KAPATID
3 THE SORCERER'S APPRENTICE

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1 THE LAST AIRBENDER (Digital 3D)
2 THE SORCERER'S APPRENTICE
3 CINCO
4 THE TWILIGHT SAGA: ECLIPSE
5 INCEPTION
6 HATING KAPATID

ILOILO
1 THE LAST AIRBENDER (Digital 3D)
2 HATING KAPATID
3 THE SORCERER'S APPRENTICE
4 INCEPTION
5 CINCO
6 THE TWILIGHT SAGA: ECLIPSE

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1 THE LAST AIRBENDER (Digital 3D)
2 HATING KAPATID
3 INCEPTION
4 THE SORCERER'S APPRENTICE

ILOCOS NORTE
1 INCEPTION
2 THE SORCERER'S APPRENTICE
3 HATING KAPATID

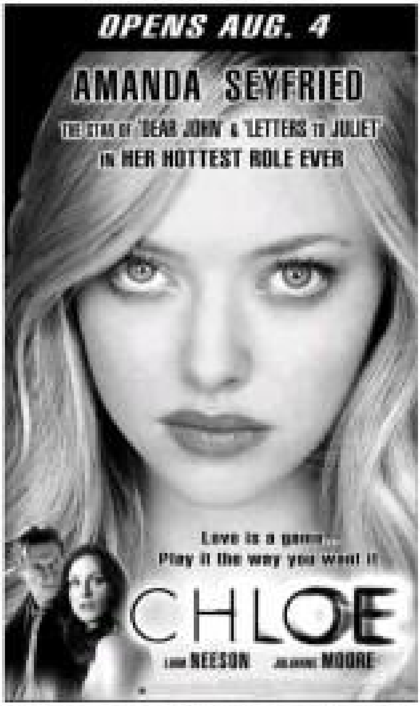
ROBINSONS MOVIEWORLD



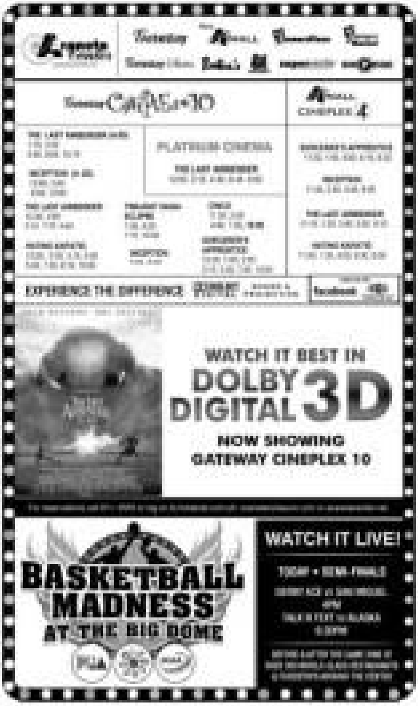
3D CINEMA NOW OPEN!

Big wins for Pinoy indies

I can't fall in love this year—Ruffa









Why some stars end up shooting themselves in the foot

VIEWFINDER



Nestor U. Torre





> The sights and sounds of all that loud and lurid melodrama are ludicrous





WENDELL Ramos (left) ...

Wendell's ma denies son was nabbed, jailed

ENTERTAINMENT

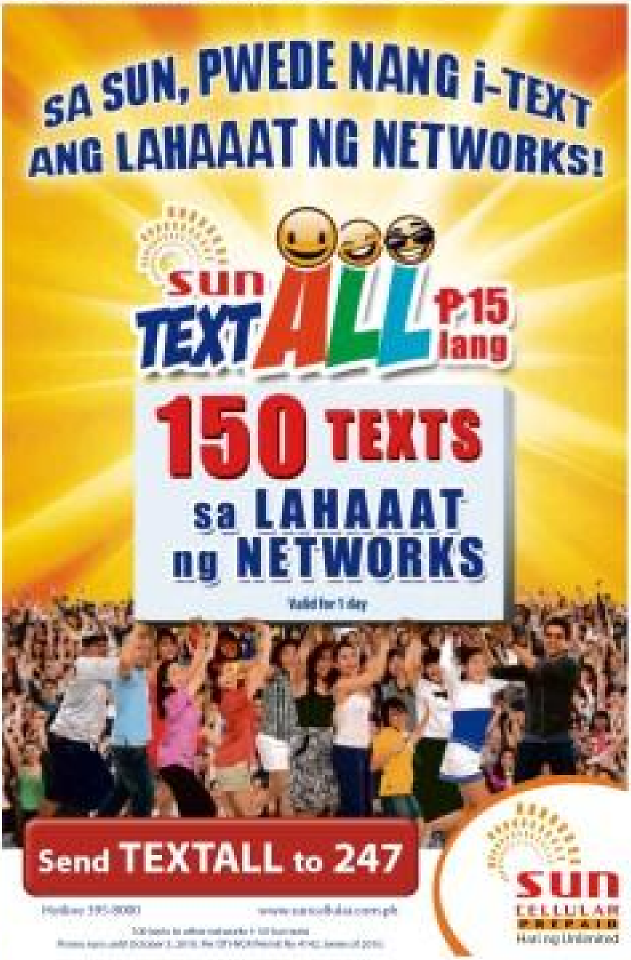


Zac St. Efron? He's too good to be true









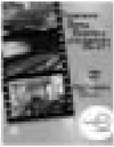


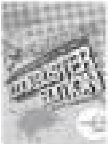




GHOST WRITER

"★ ★ ★ ★ ★"







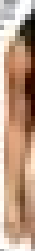




MEET & GREET

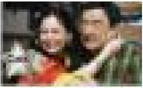
Jon Foo

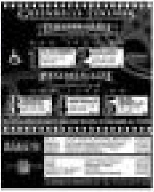
Zac St. E



...tton? He's too good to be true



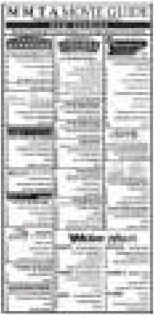




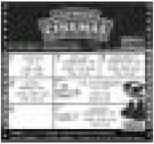


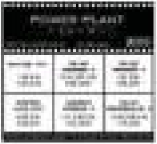














Exposed: Sexy Starlet's secret trysts with politico







Support group

Top of the tabloids



Lav Diaz judge in Venice fest